

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Ratatouille with chickpeas and parsley rice</p> <p>Ingredients:, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic</p>	<p>Hungarian beef paprika sauce and mash</p> <p>Ingredients:, Potatoes, Stewpack (Onion, Carrots, Turnip, Swede, Celery), Carrots, Onion, Beef Mince, Single Cream (Contains Milk), Butter (Contains: Milk), Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper</p> <p>D C</p>	<p>Hoisin Chicken with rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</p> <p>SB</p>	<p>Sweet and sour Asian chicken with noodles</p> <p>Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic</p> <p>G SB</p>	<p>Tuna pasta salad with mayo</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mayonnaise (Rapeseed Oil, Water, Vinegar, Egg, Sugar, Salt, Thickener (Xanthan Gum), Sweetcorn, Peppers, Natural Yoghurt (Contains Milk), Tuna Chunks (Contains Fish), Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper</p> <p>G E F D M</p>

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard	L Lupin	C Crustaceans	P Peanuts
G Gluten	F Fish	N Nuts	SS Sesame Seeds	M Mollusc	C Celery	SD Sulphur Dioxide

Dessert

Blackcurrent and apple cake	Chocolate Muffins	Fresh melon slices	Peach Krispie Bite	Strawberry yoghurt
Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Blackcurrants, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon	Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Chocolate Chips, Butter (Contains: Milk), Egg, Pinch Of Sugar, Bicarbonate Of Soda	Ingredients:, Honeydew Melon	Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup	Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar
<div><div>G</div><div>E</div><div>SB</div><div>D</div></div>	<div><div>G</div><div>E</div><div>SB</div><div>D</div></div>		<div><div>G</div></div>	<div><div>D</div></div>

Allergens Key

- D

Dairy

E

Eggs

SB

Soy Beans

M

Mustard

L

Lupin

C

Crustaceans

P

Peanuts
- G

Gluten

F

Fish

N

Nuts

SS

Sesame Seeds

M

Mollusc

C

Celery

SD

Sulphur Dioxide